Cuisinart®

INSTRUCTION BOOKLET

Recipe Booklet
Reverse Side



Cuisinart® Compact Juice Extractor | CJE-500 SERIES

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using any electrical appliance, basic safety precautions should always be followed, including the following:

1. Read instructions thoroughly.
2. **Always unplug unit from outlet when not in use, before putting on or removing parts and before cleaning.**
3. To protect against electrical shock, do not immerse the juice extractor motor housing in water or other liquids.
4. When any appliance is used by or near children, supervise closely.
5. Avoid contact with moving parts.
6. If the juice extractor has a damaged cord or plug or malfunctions, or is dropped or damaged in any manner, DO NOT OPERATE. Contact our Customer Service Center to return for examination, repair or electrical or mechanical adjustment.
7. Using accessory attachments not sold or recommended by the manufacturer can cause fire, electric shock or injury.
8. Do not allow the power cord to come into contact with any hot surfaces, including stove, or to hang over table edge or counter.
9. Before turning the motor on, always make sure juice extractor cover is properly positioned and securely in place. Do not open cover while the juice extractor is in operation.
10. Switch to OFF position after each use and be sure the motor stops completely before disassembling.
11. Do not put fingers or other objects into the juice extractor opening while it is in operation. If food becomes stuck in the opening, use food pusher or another piece of fruit or vegetable to push it down, or turn the motor off and disassemble the unit to remove the remaining food.
12. If the mesh filter-basket/blade is damaged, do not use.
13. Always make sure the juice extractor cover is properly positioned and secured before motor is turned on. If it is not, the safety interlock will not operate. Do not loosen cover while the juice extractor is in use.
14. Not designed for outdoor use.
15. Appliance should be plugged into a 120V household outlet only.
16. The appliance is wired for domestic use only.
17. Do not use the appliance for anything other than the intended purpose, as outlined in the instruction booklet.
18. Never juice with the spout in the closed position.
19. Do not operate without the pulp container in place.
20. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

SAVE THESE INSTRUCTIONS

HOUSEHOLD USE ONLY

No user-serviceable parts are inside. Do not attempt to service this product.

Maximum rating is 500 watts.

A short power supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a long cord. **AN EXTENSION CORD MAY BE USED WITH CARE: HOWEVER, THE MARKED ELECTRICAL RATING SHOULD BE AT LEAST AS GREAT AS THE ELECTRICAL RATING OF THE JUICE EXTRACTOR.**

The extension cord should not be allowed to drape over the countertop or tabletop, where it can be pulled on by children or tripped over.

POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way. If the plug fits loosely into the AC outlet or if the AC outlet feels warm, do not use that outlet.

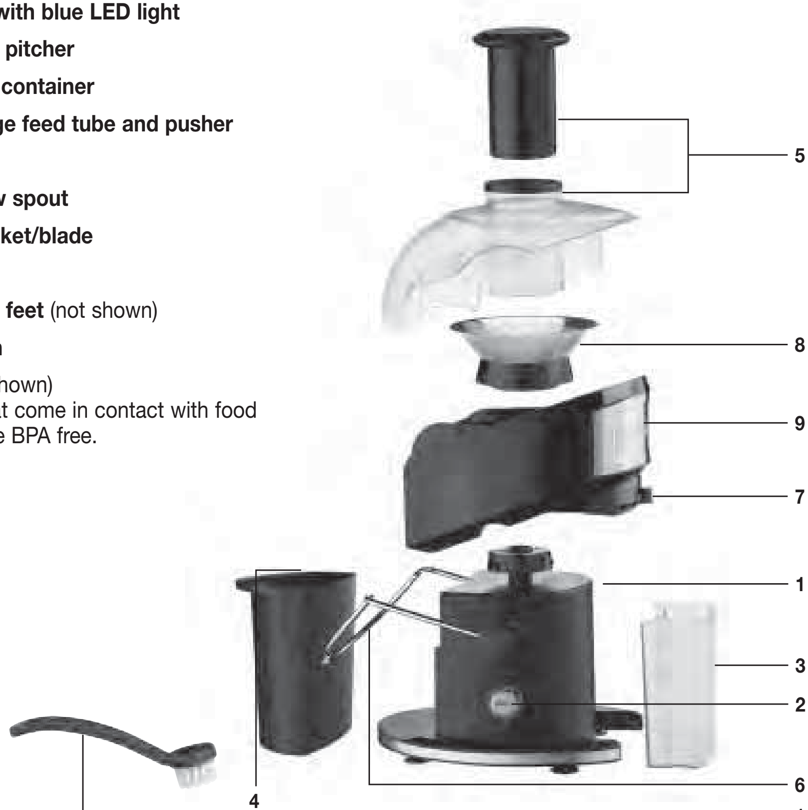
CONTENTS

PARTS AND FEATURES

1. **Sturdy Housing with Powerful Motor**
2. **Power button with blue LED light**
3. **16-ounce juice pitcher**
4. **40-ounce pulp container**
5. **Cover with large feed tube and pusher**
6. **Safety bar**
7. **Adjustable flow spout**
8. **Mesh filter basket/blade**
9. **Filter housing**
10. **Nonslip rubber feet** (not shown)
11. **Cleaning brush**
12. **BPA free** (not shown)
    All materials that come in contact with food and/or liquid are BPA free.

BEFORE FIRST USE

- Remove all packaging materials and any promotional labels or stickers from your Cuisinart® Compact Juice Extractor. Be sure all parts (listed in Parts and Features) of your new appliance have been included before discarding any packaging materials.
- You may want to keep the box and packing materials for use at a later date.
- Before using your Cuisinart® Compact Juice Extractor for the first time, remove any dust from shipping by wiping the base with a damp cloth.
- Thoroughly clean cover, pusher, pulp container, juice pitcher and mesh filter basket/blade assembly by hand or on top rack of dishwasher.
- Never place the motor housing in the dishwasher, nor immerse it in water. Always use a damp cloth to wipe it clean.



ASSEMBLY INSTRUCTIONS

Assembling the Compact Juice Extractor

1. Place motor base on a clean, flat surface. Make sure the motor base is unplugged from the power outlet (not shown).
2. Be sure the safety bar is in the unlock position. (It is unlocked if it is at rest at rear of motor base.)
3. Place filter housing on top of motor base by lining up the grooves in the filter housing with the arms on motor base.
4. Insert the mesh filter basket/ blade firmly into filter housing by pressing down on rim of the filter so it locks securely in place. **Be careful not to touch the blades in the bottom of the basket and be sure this part is inserted before every use.**
5. Place cover on top of filter housing. Be sure to align the feed tube over the mesh filter.
6. Move the safety bar into the lock position by bringing the bar over the cover until it sits securely in the grooves.
7. Insert the pulp container into the rear of the unit by tilting the opening slightly under the cover.
8. Place juice pitcher in the front center of the unit.
9. Insert the food pusher into the feed tube by aligning the groove in the food pusher with the small indent on the inside of feed tube.
10. Make sure the flow spout is in the open position. Never juice with the spout in the closed position.

1.


2.


3.


4.

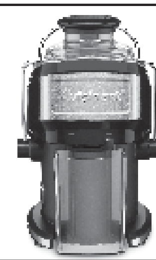

5.


6.


7.


8.


9.


10.


DISASSEMBLY INSTRUCTIONS

Disassembling the Compact Juice Extractor

1. Unplug the Compact Juice Extractor.
2. Remove the food pusher from cover.
3. Move the safety bar to the unlock position. It is unlocked if it is at rest at the back of the motor base.
4. Lift and remove cover from filter housing.
5. Carefully remove mesh filter basket/blade from the filter housing by pulling up on the sides of the rim. **Be careful not to touch the blades in the bottom of the basket.**
6. Make sure the flow spout is in the closed position. Remove the juice pitcher.
7. Remove the pulp container from the rear of the motor base and empty.

OPERATING INSTRUCTIONS

1. Make sure your Compact Juice Extractor is properly assembled. (See Assembly Instructions, page 4.)
2. Plug the power cord into a 120V electrical outlet.
3. Make sure that the spout is in the open position. **NEVER JUICE WITH THE SPOUT IN THE CLOSED POSITION.**
4. Wash all selected fruits or vegetables.
5. While many fruits and vegetables will not need cutting, any item with a diameter larger than 2¾ inches will need to be cut.
6. Press the on/off button when ready to begin. The blue LED light will illuminate.
7. Lift the food pusher out of the feed tube and drop your food into the opening. Push through by inserting the food pusher and pressing firmly.
8. The juice will flow into the juice pitcher and the pulp will accumulate in the pulp container.
9. When finished juicing, press the On/Off button to stop the motor.
10. Before removing the juice pitcher from under the spout, slide the spout to the closed position. This will prevent juice from dripping on the counter.

CLEANING AND MAINTENANCE

Do not immerse the motor housing in water or spray it with water. Clean only by wiping with a damp sponge, cloth or paper towel. Use any liquid dish-washing detergent, but do not use any products containing ammonia or scouring powders, as these products will dull, scratch or mar the finish.

For easy cleanup, use cleaning brush to remove excess pulp from the filter/sieve and the lid after each use. Vegetables and fruits will harden if left to dry on the unit parts, making it harder to clean.

1. Unplug juicer and carefully take it apart, following Disassembly Instructions on this page.

   WARNING: Be careful when handling the mesh filter basket/blade, as blades are very sharp.
2. Rinse all removable parts with cold water.
3. Wash the pulp container, juice pitcher, pusher, lid and mesh filter basket/blade in hot, sudsy water, or on top rack of dishwasher. Do not use a metal brush or pad.

   NOTE: For best juicing results, the mesh filter basket/blade must always be thoroughly cleaned after each use.
4. Towel dry all parts.
5. Any other servicing should be performed by an authorized service representative.

TIPS AND HINTS

- Extracted juice captures about 95% of the nutrients from fresh fruits and vegetables. Drinking extracted juice is the fastest and most efficient way for your body to digest and absorb all of those nutrients. Digesting whole fruits can take about an hour; extracted juices take only 15 minutes.
- Freshly extracted juices are an excellent aid in weight management and in cleanses, which rid the body of toxins.
- Always use fresh, organic and seasonal produce. Organic produce is grown without synthetic fertilizers and chemicals, which is very important when juicing whole foods. Buying foods in season is considerably less expensive than purchasing off-season, and flavors are much better.
- Wash all fruits and vegetables immediately after purchasing and store them in the refrigerator. This way they are ready to juice at any time.

- Always juice fresh fruits and vegetables as soon as possible after purchasing. The longer produce is held, the more nutrients it loses.
- Fresh juices should be consumed immediately. They lose nutrients as they sit.
- Certain fruits should be peeled before juicing. Examples are pineapples, melons, mangoes, papayas, citrus – any fruit with skin that you cannot eat. Also remove all pits and hard seeds from peaches, cherries, mangoes, etc.
- Citrus fruit juice is delicious and creamy, and richer in nutrients.
- If cucumbers are waxy, peel them before juicing.
- Juice the softer ingredients before the harder ones.
- When juicing herbs or leafy greens, juice them in the middle of a combination of ingredients in order to extract the greatest amount of juice.
- Use your taste to guide you on fruit and vegetable combinations for juices. The recipes provided are a guideline, but the possibilities are endless. Experiment to discover your favorite combinations.
- Carrots make a great and tasty base for vegetable juices, and apples do the same for fruit juices.
- Beets and carrots both have a naturally high sugar content, so when added to vegetable juices they can balance out any bitter flavors juiced vegetables may have.
- Use your Compact Juice Extractor in tandem with your blender. Blend fresh juices with ingredients like bananas, yogurt, and protein powders for delicious power smoothies.
- It is also possible to make a healthier, fresher version of your favorite cocktail with fresh juices.
- Blend fruit juices with sparkling water or seltzer to make a natural soda.
- The pulp that is separated from the juice has its own health benefits. It is high in fiber and can be used in a variety of ways. See our recipes as guides on how you can incorporate the fibrous pulp into your diet.

TROUBLESHOOTING

PROBLEM	SOLUTION
Juice extractor does not turn on	• The safety bar is not engaged. (See Assembly Instructions, page 4.) • Press On/Off button to start juicing.
Juice flow is slow	• Make sure the spout is opened all the way. • Excess pulp in mesh filter basket can slow juice rate. Stop the juice extractor and clean filter basket.
Difficulty getting herbs or leafy greens down the feed tube	• Place them between other ingredients.
Juice still flowing with unit off	• Make sure the spout is closed all the way.
Unit is on but juice/pulp not flowing	• Make sure the mesh filter basket/blade is in place.

APPROXIMATE YIELD JUICING CHART

FRUIT	AMOUNT	YIELD
APPLE (quartered)	1 medium (about 7 ounces)	½ cup or 4 ounces
CANTALOUPE (peeled and seeded)	1 cup, cubed	½ cup or 4 ounces
GRAPES	1 cup	½ cup or 4 ounces
ORANGE (peeled and quartered)	1 medium (about 12 ounces)	⅔ cup or 5 ounces
PEACH (pitted)	1 medium (about 10 ounces)	¼ cup or 2 ounces
PEAR (quartered)	1 medium (about 7 ounces)	½ cup or 4 ounces
PAPAYA (peeled and seeded)	½ fruit (about 1 pound 3 ounces)	1 cup or 8 ounces
PINEAPPLE (peeled and cored)	½ fruit	1 cup or 8 ounces
WATERMELON (peeled and seeded)	1 cup, cubed	½ cup or 4 ounces
STRAWBERRIES	1 cup	½ cup or 4 ounces
GRAPEFRUIT (peeled and quartered)	1 medium to large (about 1 pound)	1¼ cup or 10 ounces
LEMON (peeled)	1 fruit (about 5 ounces)	¼ cup or 2 ounces
KIWI	1 fruit (about 3 ounces)	1 ounce
VEGETABLE	**AMOUNT**	**YIELD**
BEET (quartered)	1 medium (about 6 to 7 ounces)	½ cup or 4 ounces
LEAFY GREENS	1 handful (about 8 leaves)	1½ ounces
CARROT	1 pound	1 cup or 8 ounces
CELERY	4 large stalks	½ cup or 4 ounces
BELL PEPPER (quartered)	1 medium (about 9 ounces)	½ cup or 4 ounces
CUCUMBER	1 medium/large (about 11 ounces)	1 cup or 8 ounces
TOMATO	1 medium (about 5 ounces)	½ cup or 4 ounces
PARSLEY	1 bunch (about 6 ounces)	¼ cup or 2 ounces
CABBAGE	¼ head (about 12 ounces)	¾ cup or 6 ounces

WARRANTY
Limited Three-Year Warranty

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Compact Juice Extractor that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® Compact Juice Extractor will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, **www.cuisinart.com** for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart® products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If neither of the above two options results in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility, if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty. California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

BEFORE RETURNING YOUR CUISINART® PRODUCT

If your Cuisinart® Compact Juice Extractor should prove to be defective within the warranty period, we will repair or, if we think necessary, replace it. To obtain warranty service, please call our Customer Service Center toll-free at 1-800- 726-0190 or write to: Cuisinart, 7811 North Glen Harbor Blvd., Glendale, AZ 85307. To facilitate the speed and accuracy of your return, enclose $10.00 for shipping and handling. (California residents need only supply a proof of purchase and should call 1-800-726-0190 for shipping instructions.) Please be sure to include your return address, description of the product's defect, product serial number, and any other information pertinent to the return. Please pay by check or money order. NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Your Cuisinart® Compact Juice Extractor has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

150 Milford Road
East Windsor, NJ 08520

Printed in China

12CE130767

A IB-11432

6. While cupcakes are cooling, prepare the Cream Cheese Frosting.
7. Put the cream cheese, butter and sugar into a medium mixing bowl. Using a Cuisinart® Hand Mixer fitted with the mixing beaters, mix on medium-low until completely smooth. Add the remaining ingredients and mix until just combined.
8. Once the cupcakes are completely cooled, top with the Cream Cheese Frosting.

Nutritional information per cupcake (without frosting):
Calories 264 (57% from fat) • carb. 25g • pro. 4g • fat 17g • sat. fat 1g • chol. 35mg • sod. 218mg • calc. 70mg • fiber 2g

Notable nutrients based on daily percentages:
Vitamin A 82%

Nutritional information per cupcake (with frosting):
Calories 381 (64% from fat) • carb. 29g • pro. 5g • fat 28g • sat. fat 8g • chol. 66mg • sod. 273mg • calc. 81mg • fiber 2g

1. Preheat oven to 350°F. Butter and lightly flour a 9-inch baking pan.
2. Turn the Cuisinart® Compact Juice Extractor on and juice the apples.
3. Stir juice and measure out ¼ cup; reserve (save the remaining juice for another use).
4. Measure out 1 cup of the apple pulp, being sure to discard any seeds or stems; reserve.
5. In a small mixing bowl, combine the flour, baking soda, salt and spices. Reserve.
6. Using a Cuisinart® Stand or Hand Mixer fitted with the mixing paddle/beaters, mix the butter and sugar until light and creamy. Add the egg and mix until combined. Add the pulp and mix until just combined. Add half of the juice and mix on low. Add half of the dry ingredients and mix until streaky. Repeat, finishing with the dry ingredients.
7. Pour batter evenly into the prepared pan.
8. Combine all of the Crumb Topping ingredients into a small bowl and mix with your fingers until the mixture resembles a coarse meal. Spread evenly over cake batter.
9. Bake for 25 to 30 minutes, or until a cake tester comes out clean.

Nutritional information per serving:
Calories 235 (46% from fat) • carb. 29g • pro. 3g • fat 12g • sat. fat 6g • chol. 0mg • sod. 3mg • calc. 48mg • fiber 1g

Carrot Cupcakes

Extra-moist carrot cupcakes, topped with Cream Cheese Frosting, make a delicious treat.

Makes 12 cupcakes

Cake:

½	**pound carrots, about 4 medium carrots**
¾	**cup plus 2 tablespoons unbleached, all-purpose flour**
½	**tablespoon unsweetened cocoa powder**
1	**teaspoon ground cinnamon**
1	**teaspoon baking powder**
½	**teaspoon baking soda**
½	**teaspoon sea salt**
½	**cup granulated sugar**
½	**cup packed dark brown sugar**
2	**large eggs**
½	**cup plus 2 tablespoons vegetable oil**
1	**teaspoon pure vanilla extract**
¾	**cup chopped walnuts**

Cream Cheese Frosting:

6	**ounces cream cheese, room temperature and cut into 6 pieces**
6	**tablespoons unsalted butter, room temperature and cut into 6 pieces**
½	**cup confectioners' sugar, sifted**
	pinch sea salt
½	**teaspoon pure vanilla extract**
1	**teaspoon sour cream**

1. Preheat oven to 350°F. Butter and lightly flour a 12-cup muffin pan; reserve.
2. Turn the Cuisinart® Compact Juice Extractor on and juice the carrots. Measure out 2 tablespoons of the carrot juice and reserve the remainder for another use. Reserve pulp.
3. Sift the flour, cocoa, cinnamon, baking powder, baking soda and salt together in a small bowl.
4. In a separate bowl, whisk together the sugars, eggs, oil, vanilla and carrot juice until smooth. Stir in the carrot pulp, walnuts and dry ingredients until just combined.
5. Pour batter into the prepared muffin tin. Bake in the preheated oven for about 20 to 25 minutes, or until the tops of the cupcakes bounce back, and a cake tester inserted in the center of the cupcakes comes out clean. Cool in the pan.

Potato Bread

Makes one 1-pound loaf

2 **large russet potatoes, about 1 lb, peeled**
2¼ **teaspoons active dry yeast**
2 **teaspoons granulated sugar**
3 **cups bread flour**
2 **teaspoons sea salt**
1 **tablespoon unsalted butter, room temperature**
1½ **tablespoons nonfat dry milk**
1 **large egg**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the potatoes. Stir the juice and reserve ½ cup plus 1 tablespoon. Reserve all of the pulp (about 2 cups), being sure to discard any large pieces of potato.
2. Put the potato juice, yeast and sugar into the bowl of a Cuisinart® Stand Mixer fitted with the dough hook. Stir well to dissolve yeast and let stand for 5 to 10 minutes. Mixture will foam and bubble – this means the yeast is alive and active.
3. Put the flour, salt, butter, and dry milk in a separate bowl and stir. Add half to the yeast mixture and mix on speed 3 until fully combined, being sure to scrape the bottom of the bowl with a spatula. Add the egg and reserved pulp; mix to combine.
4. Continuing on speed 3, add the remaining flour mixture, ½ cup at a time, mixing completely, about 30 to 40 seconds, until no flour is visible after each addition. The dough at first will be a batter, and slowly, as the flour is added, (you may not need all of the flour), the batter will become a complete ball of dough that cleans the sides of the mixing bowl.
5. After the flour mixture has been incorporated mix on speed 3 for 3 to 4 minutes to knead the dough.
6. Dust dough ball lightly with flour and place in a sealable food storage bag; press out air and seal. Let rise in a warm, draft-free place until doubled in size, about 1 hour.
7. Punch dough down and shape into a loaf. Place loaf in a lightly greased 8 or 9-inch loaf pan and cover loosely with plastic wrap. Let rise 30 to 40 minutes, or until doubled in size.
8. While dough is rising, preheat oven to 375°F.
9. Bake bread in preheated oven 50 to 60 minutes until browned and hollow-sounding when tapped. Cool on a wire rack. Bread slices best when allowed to cool completely before slicing.

Nutritional information per serving (1 ounce):
Calories 152 (8% from fat) • carb. 28g • pro. 8g • fat 1g • sat. fat 1g • chol. 22mg • sod. 447mg • calc. 102mg • fiber 1g

Notable nutrients based on daily percentages:
Riboflavin 20% • Thiamin 19%

Apple Cake

A not-too-sweet treat for your next brunch table.

Makes 12 servings

Cake:

¼ **cup plus 2 tablespoons fresh apple juice**
1 **cup apple pulp (from about 4 medium apples)**
¾ **cup unbleached, all-purpose flour**
½ **teaspoon baking soda**
¼ **teaspoon sea salt**
¼ **teaspoon ground cinnamon**
pinch ground nutmeg
pinch ground cloves
pinch ground cardamom
¼ **cup (½ stick) unsalted butter, cubed and at room temperature**
⅓ **cup packed light brown sugar**
1 **large egg**

Crumb Topping:

½ **cup unbleached, all-purpose flour**
¼ **cup packed light brown sugar**
½ **teaspoon ground cinnamon**
⅛ **teaspoon sea salt**
¼ **cup toasted and chopped walnuts or pecans**
¼ **teaspoon pure vanilla extract**
¼ **cup (½ stick) unsalted butter, cold and cubed**

DRESSING AND SAUCE

Carrot Ginger Dressing

Delicious over a bed of mixed greens.

Makes about 4 servings

½ pound carrots, about 4 medium carrots
2 ounces fresh ginger, about two 2-inch pieces
½ medium orange, about 3 ounces, peeled
¼ lemon, peeled
1 large garlic clove
2 tablespoons rice vinegar
1 tablespoon reduced-sodium soy sauce
4 teaspoons sesame oil
1 tablespoon honey
¼ cup water
pinch sea salt

1. Turn the Cuisinart® Compact Juice Extractor on and juice the carrots, ginger, orange and lemon. Reserve juice and pulp.
2. In the bowl of a Cuisinart® Food Processor fitted with the chopping blade, process the garlic until finely chopped. Add all of the extracted juice, 3 tablespoons of the mixed pulp, and the remaining ingredients. Process until completely combined. Adjust seasonings to taste.

Nutritional information per serving (2 tablespoons):
Calories 58 (64% from fat) • carb. 5g • pro. 0g • fat 4g • sat. fat 1g • chol. 0mg • sod. 66mg • calc. 11mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 59% • Beta Carotene 1451mcg

Carrot Fennel Sauce with Orange

This is a great sauce to serve with fish and seafood, most notably shrimp.

Makes about ⅔ cup

1 teaspoon olive oil
1 small shallot, about ¼ ounce (1 tablespoon) chopped
¼ lemon, peeled, about ¼ ounce
½ orange, peeled
½ medium fennel bulb
1 pound carrots
2 tablespoons unsalted butter, cut into small cubes
2 tablespoons sliced basil

1. Put the olive oil in a saucepan and place over medium heat. Add the chopped shallot and sweat until soft, about 2 minutes.
2. While the shallot is sweating, turn the Cuisinart® Compact Juice Extractor on and juice the lemon, orange, fennel and carrots.
3. Add juice to the saucepan and bring to a simmer. Allow sauce to simmer for about 30 minutes, until reduced to about ⅔ cup.
5. Once reduced, whisk in both the butter and basil immediately before serving.

Nutritional information per serving (1 tablespoon):
Calories 51 (48% from fat) • carb. 6g • pro. 1g • fat 3g • sat. fat 2g • chol. 6mg • sod. 38mg • calc. 26mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 155%

Grand Mimosa

The Grand Marnier is optional, but it is a way to make the drink special.

Makes about 10 servings

2 medium oranges, peeled and quartered
2 ounces Grand Marnier®
4 glasses sparkling white wine (Prosecco or Champagne)

1. Turn the Cuisinart® Compact Juice Extractor on and juice the oranges.
2. Stir juice and add Grand Marnier®. Pour equally into each glass of sparkling wine and serve immediately.

Nutritional information per serving (4 ounces):
Calories 112 (1% from fat) • carb. 10g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg • calc. 30mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 69% • Potassium 116mg

Citrus Margarita

Makes about 4 servings

6 limes, peeled
1 medium orange, peeled
1 cup tequila
½ to ⅔ cup Grand Marnier® (adjust to taste)
¼ cup simple syrup*

1. Turn the Cuisinart® Compact Juice Extractor on and juice limes and orange.
2. Stir juice and add to a pitcher. Add the remaining ingredients and adjust to taste. Pour over ice and serve immediately.

*Simple syrup is sugar dissolved in water. To make, place equal parts water and granulated sugar in a saucepan set over medium-low heat. Syrup is done once the sugar has dissolved. Cool before using.

Nutritional information per serving (5 ounces):
Calories 342 (1% from fat) • carb. 27g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 3mg • calc. 48mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 83%

Campari and Grapefruit Spritzer

The grapefruit offsets the Campari very nicely in this twist on a classic apéritif.

Makes four 7-ounce drinks

2 large pink grapefruits
3 ounces Campari
12 ounces seltzer

1. Turn the Cuisinart® Compact Juice Extractor on and juice the grapefruits.
2. Put the Campari into a pitcher filled with ice. Pour in the grapefruit juice and stir.
3. Pour evenly among four glasses. Top each glass with 3 ounces of seltzer and serve.

Nutritional information per serving:
Calories 97 (1% from fat) • carb. 18g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 13 mg • calc 18mg • fiber 2g

Notable nutrients based on daily percentages:
Vitamin C 81%

Superfood Smoothie

This smoothie utilizes the fiber-rich pulp of vegetables to maximize the health benefits of both juice and pulp. You will be amazed how great it tastes!

Makes about 32 ounces

- **2 medium apples**
- **½ cup water**
- **1 large ripe banana, quartered**
- **1 medium peach, pitted and cut into 1-inch cubes**
- **2 cups assorted berries (any desired combination: strawberry, blueberry, raspberry)**
- **2 cups green vegetable pulp reserved from another recipe**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the apples.
2. Pour the apple juice and water into the blender jar of a Cuisinart® Blender. Add the banana, peach, berries and pulp.
3. Blend on high until smooth, about 1 minute.
4. Serve immediately.

Note: This smoothie will be room temperature. If desired, blend in some ice cubes once smooth.

Nutritional information per serving (8 ounces):
Calories 120 (6% from fat) • carb. 30g • pro. 3g • fat 1g • sat. fat 0g • chol. 0mg • sod. 16 mg • calc. 67mg • fiber 6g

Notable nutrients based on daily percentages:
Vitamin A 106% • Vitamin C 81%

VITAMINS WITH SPIRITS

White Sangria

Take sangria to the next level by using fresh juice in the mix.

Makes about 9 servings

- **2 peaches, pitted, one kept as is and the other cut into ½-inch pieces, divided**
- **1 cup pineapple, cubed and divided**
- **1 medium orange, peeled, half kept as is and the other half cut into ½-inch pieces, divided**
- **1 medium apple, half cut to quarters and the other half cut into ¼-inch slices, divided**
- **1 bottle white wine**
- **¼ cup cognac**
- **⅓ cup Grand Marnier®**
- **¼ to ⅓ cup simple syrup***

1. Turn the Cuisinart® Compact Juice Extractor on and juice 1 peach, ½ cup of pineapple, ½ of the orange and ½ of the apple..
2. Add reserved cut/sliced fruit to a pitcher. Stir juice and add to pitcher. Add wine and liquors and add simple syrup to taste. Pour over ice and serve immediately.

*Simple syrup is sugar dissolved in water. To make, place equal parts water and granulated sugar in a saucepan set over medium-low heat. Syrup is done once the sugar has dissolved. Cool before using.

Nutritional information per serving (4 ounces):
Calories 198 (1% from fat) • carb. 21g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 0mg • calc. 13mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 33% • Potassium 117mg

Cucumber Mint Cooler

Use garden-fresh cucumbers for this warm weather cooler.

Makes about 12 ounces

1 kiwi, peeled
1 cup grapes
½ lime, peeled
½ medium cucumber
1 cup packed mint leaves
1 1-inch piece piece of ginger

1. Turn the Cuisinart® Compact Juice Extractor on and juice ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (6 ounces):
Calories 95 (6% from fat) • carb. 23g • pro. 2g • fat 1g • sat. fat 0g • chol. 0mg • sod. 9mg • calc. 74mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 15% • Vitamin C 105%

SMOOTHIES

Papaya Pineapple "Smoothie"

These tropical fruits, loaded with good-for-you enzymes, yield a thick enough juice to be classified as a smoothie.

Makes about 12 ounces

2 cups papaya, peeled
1 cup mango, peeled and pit removed
½ lemon, peeled
2 cups pineapple, skin and core discarded

1. Turn the Cuisinart® Compact Juice Extractor on and juice the papaya and mango.
2. Stir juice and serve immediately.

Nutritional information per serving (12 ounces):
Calories 369 (3% from fat) • carb. 96g • pro. 4g • fat 1g • sat. fat 0g • chol. 0mg • sod. 15mg • calc. 128mg • fiber 3g

Notable nutrients based on daily percentages:
Vitamin A 90% • Vitamin B6 31% • Vitamin C 564% • Folate 44%

Tropical Power Juice

Makes two 6-ounce servings

1 medium orange, peeled
1 mango, peeled and pit removed
1 peach, pit removed
6 strawberries, hulls removed
1 tablespoon protein powder

1. Turn the Cuisinart® Compact Juice Extractor on and juice the fruit in the order listed.
2. Pour juice into a blender or sealable container.
3. Add protein powder and blend or shake up. Serve immediately.

Nutritional information per serving (6 ounces):
Calories 148 (4% from fat) • carb. 33g • pro. 6g • fat 1g • sat. fat 0g • chol. 0mg • sod. 52mg • calc. 57mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 22% • Vitamin C 141% • Riboflavin 24% • Thiamin 30%

Sunshine Smoothie

Makes 32 ounces

½ lemon, peeled
½ ounce ginger, about 1-inch piece
1 pound carrots
1 medium orange, peeled and quartered
2 medium peaches, peeled, pitted and cut into large cubes
1 cup fresh pineapple, cubed
1 cup frozen mango cubes

1. Turn the Cuisinart® Compact Juice Extractor on and juice the lemon, ginger and carrots.
2. Pour juice into the jar of a Cuisinart® Blender and add the remaining ingredients and blend on high speed until smooth, about 45 seconds.
4. Serve immediately.

Nutritional information per serving (8 ounces):
Calories 133 (4% from fat) • carb. 33g • pro. 2g • fat 1g • sat. fat 0g • chol. 0mg • sod. 80mg • calc 67mg • fiber 6g

Notable nutrients based on daily percentages:
Vitamin A 393% • Vitamin C 100% • Folate 12%

Watermelon–Pear Detox Juice

Recharge your body with this delicious juice.

Makes about 14 ounces

2 cups watermelon, cubed
1 medium pear
1 medium lime, peeled

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 147 (2% from fat) • carb. 39g • pro. 2g • fat 0g • sat. fat 0g • chol. 0mg • sod. 4mg • calc. 35mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 45% • Beta carotene 419mcg • Lycopene 5782 mcg

Refresher Tonic

Light and delicious, a perfect juice for any time of day.

Makes about 9 ounces

1 large handful parsley
1 cup packed spinach leaves
¼ lemon, peeled
3 medium celery stalks
2 small to medium apples, quartered

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 198 (5% from fat) • carb. 50g • pro. 4g • fat 1g • sat. fat 0g • chol. 0mg • sod. 157mg • calc. 183mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 171% • Vitamin C 194% • Folate 51%

COOLERS & SPRITZERS

Pineapple Mint Spritzer

Refreshing on a hot summer day.

Makes about 4 servings

3 cups pineapple, peeled and cubed
¼ cup packed fresh mint leaves
16 ounces unflavored seltzer

1. Turn the Cuisinart® Compact Juice Extractor on and juice the pineapple and mint.
2. Stir juice and pour equally among 4 glasses with ice. Top each glass with seltzer and serve immediately.

Nutritional information per serving (4 ounces):
Calories 133 (2% from fat) • carb. 35g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 13mg • calc. 29mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 128% • Manganese 125%

Apple Ginger Fizz

This beverage is super gingery. Cut back on the amount of ginger if a less sharp drink is preferred.

Makes 2 servings

1 one-inch piece of ginger
1 medium apple
8 ounces seltzer or sparkling water

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ginger and apple.
2. Stir juice and divide evenly between 2 glasses with ice. Top each glass with seltzer and serve immediately.

Nutritional information per serving (6 ounces):
Calories 82 (2% from fat) • carb. 21g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 16mg • calc. 6mg • fiber 2g

Notable nutrients based on daily percentages:
Potassium 97mg

Garden Patch

These garden vegetables make a nice and light cooling beverage.

Makes about 15 ounces

1 **medium tomato**
½ **large cucumber**
½ **lime, peeled**
1 **handful parsley, about 1 cup packed**
2 **cilantro sprigs**
1 **medium red pepper, seeded**
¼ **jalapeño pepper, seeded**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (6 ounces):
Calories 48 (9% from fat) • carb. 11g • pro. 2g • fat 1g • sat. fat 0g • chol. 0mg • sod. 15mg • calc. 43mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 85% • Vitamin C 309% • Folate 13%

"Green" Apple Juice

The vitamin K present in this juice provides over eight times your daily value, and assists in bone formation and liver health.

Makes about 16 ounces

6 **leaves of greens (any combination of kale, dandelion, beet, chard, collard)**
6 **parsley sprigs**
1 **medium orange, peeled and quartered**
1 **cup packed spinach leaves**
2 **medium apples, quartered**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 94 (4% from fat) • carb. 24g • pro. 2g • fat 1g • sat. fat 0g • chol. 0mg • sod. 86mg • calc. 72mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 231% • Vitamin C 191% • Beta carotene 6833mcg

REFRESHERS

Apple, Beet and Fennel Juice

A sweet juice, this combination is bright in color and packed with nutrients, including 608mg of potassium.

Makes about 12 ounces

½ **medium orange, peeled**
2 **medium apples, quartered**
1 **medium beet, quartered**
¼ **fennel bulb**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 130 (3% from fat) • carb. 33g • pro. 2g • fat 1g • sat. fat 0g • chol. 0mg • sod. 79mg • calc. 53mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 49% • Folate 26% • Potassium 608mg

Afternoon "Pick Me Up"

This light and zesty cooler is perfect for a late-day lift.

Makes about 14 ounces

2 **cups grapes**
½ **lemon, peeled**
1 **cup packed mint leaves**
½ **ounce ginger, about a 1-inch piece**
2 **medium apples, quartered**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (10 ounces):
Calories 152 (4% from fat) • carb. 39g • pro. 2g • fat 1g • sat. fat 0g • chol. 0mg • sod. 8mg • calc. 57mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 14% • Vitamin C 37%

Super Greens

Rich in chlorophyll and vitamins,
this juice is a super health drink.

Makes about 12 ounces

½ cucumber
5 ounces assorted greens (kale, chard, beet greens)
1 cup packed spinach leaves
1 cup green herbs (parsley, cilantro, mint)*
2 medium celery stalks
2 medium carrots, about 8 ounces

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

*Juiced greens definitely have a strong flavor – experimenting with different types and amounts of herbs, like cilantro, gives the juice a nice herbal note.

Nutritional information per serving (10 ounces):
Calories 216 (9% from fat) • carb. 46g • pro. 11g • fat 1g • sat. fat 2g • chol. 0mg • sod. 340mg • calc. 233mg • fiber 2g

Notable nutrients based on daily percentages:
Vitamin A 1365% • Vitamin C 461% • Thiamin 28% • Folate 67%

Iron Boost

Makes 8 ounces

2 large handfuls fresh spinach
2 stalks fresh kale
½ bunch parsley
1 beet with greens
2 medium carrots

1. Turn the Cuisinart® Compact Juice Extractor on and juice ingredients in order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (4 ounces):
Calories 57 (5% from fat) • carb. 12g • pro. 3g • fat 0g • sat. fat 0g • chol. 0mg • sod. 163 mg • calc. 91mg • fiber 2g

Notable nutrients based on daily percentages:
Vitamin A 293% • Vitamin C 51% • Folate 25% • Iron 12%

Green Zing

Makes 12 ounces

1 medium cucumber
½ bunch kale, about 3 to 4 leaves
1 large handful parsley
2 handfuls spinach
1 two- to three-inch piece ginger
3 celery stalks
¼ lemon, peeled

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (5 ounces):
Calories 28 (8% from fat) • carb. 6g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 54mg • calc. 52mg • fiber 2g

Notable nutrients based on daily percentages:
Vitamin A 41% • Vitamin C 24% • Potassium 356mg • Folate 13%

Veggie Detox

Cleanse your system
with this delicious veggie juice

Makes about 10 ounces

½ lemon, peeled
1 handful parsley, about 1 cup packed
1 cup spinach leaves
2 Swiss chard leaves
1 medium apple, quartered
2 medium carrots

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (10 ounces):
Calories 196 (6% from fat) • carb. 46g • pro. 7g • fat 2g • sat. fat 0g • chol. 0mg • sod. 381mg • calc. 233mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 848% • Vitamin C 247% • Iron 39% • Folate 51%

Super C Juice

Red peppers are packed full of vitamin C, and a little goes a long way. Make this juice when you're feeling under the weather, for it provides you with twice your daily value of vitamin C and over four times your daily need of vitamin A!

Makes about 14 ounces

½ large red pepper, seeded
4 medium carrots
½ large grapefruit, peeled and halved
½ medium orange, peeled
¼ lemon, peeled

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 94 (4% from fat) • carb. 24g • pro. 2g • fat 1g • sat. fat 0g • chol. 0mg • sod. 86mg • calc. 72mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 441% • Vitamin C 188% • Beta carotene 10932mcg • Potassium 605mg

Orange, Peach and Mango Juice

This sunny beverage is full of vitamin C, and is a great base for smoothies.

Makes about 12 ounces

½ mango, peeled and pitted
1 medium orange, peeled
2 peaches, pits removed

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (12 ounces):
Calories 252 (4% from fat) • carb. 64g • pro. 4g • fat 1g • sat. fat 0g • chol. 0mg • sod. 5mg • calc. 99mg • fiber 2g

Notable nutrients based on daily percentages:
Vitamin A 43% • Vitamin B6 19% •Vitamin C 255% • Folate 21%

Junior Juice

Made just for kids, it is a great juice to introduce to your children starting around 18 months since it contains no citrus.

Makes about 6 small servings

½ mango, peeled and pitted
½ pound carrots
2 medium apples

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (4 ounces):
Calories 67 (4% from fat) • carb. 17g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 53mg • calc. 30mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 258% • Vitamin C 20%

FROM THE GARDEN

Veggie Juice Plus

A rainbow of veggies, chock full of nutrients, all in one glass.

Makes about two 7-ounce servings

1 medium tomato, quartered
½ medium cucumber
½ lemon, peeled
1 handful parsley, about 1 cup packed
3 to 4 kale leaves
½ medium beet, halved
2 medium carrots

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (7 ounces):
Calories 116 (7% from fat) • carb. 26g • pro. 5g • fat 1g • sat. fat 0g • chol. 0mg • sod. 137mg • calc. 152mg • fiber 2g

Notable nutrients based on daily percentages:
Vitamin A 548% • Vitamin B6 20% • Vitamin C 184% • Iron 20% • Folate 31%

RISE AND SHINE

Morning Zinger

A delicious way to get up and go.

Makes about 8 ounces

1 handful fresh parsley, about 1 cup packed
1 medium apple, quartered
½ ounce fresh ginger, about 1-inch piece
3 medium carrots

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 198 (6% from fat) • carb. 4g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 186mg • calc. 165mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 829% • Vitamin C 167% • Iron 26% • Folate 35%

Melon Cleanser

It is recommended that melons not be combined with other fruits. This refreshing juice is perfect first thing in the morning.

Makes about 8 ounces

1 cup cantaloupe, cubed
1 cup honeydew melon, cubed
¼ cup fresh mint leaves
¼ lime, peeled, about ¼ ounce

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 129 (4% from fat) • carb. 32g • pro. 3g • fat 1g • sat. fat 0g • chol. 0mg • sod. 61mg • calc. 37mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 124% • Vitamin B6 15% • Vitamin C 167%

Antioxidant Berry Blast

Berries are packed with good-for-you antioxidants. This juice is also a great base for a berry spritzer – just add seltzer.

Makes about 10 ounces

2 cups whole strawberries
1 cup raspberries
1 cup blueberries
¼ lemon, peeled, about ¼ ounce

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients In the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (10 ounces):
Calories 246 (7% from fat) • carb. 60g • pro. 5g • fat 2g • sat. fat 0g • chol. 0mg • sod. 6mg • calc. 90mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 381% • Folate 27% • Manganese 124%

Citrus-C

This simple blend of orange and grapefruit makes a delicious juice to start the day. You won't want to drink store-bought juice again!

Makes about 12 ounces

1 medium to large orange, peeled and quartered
1 large grapefruit, peeled and quartered

1. Turn the Cuisinart® Compact Juice Extractor on and juice the orange and grapefruit.
3. Stir juice and serve immediately.

Nutritional information per serving (6 ounces):
Calories 157 (4% from fat) • carb. 39g • pro. 3g • fat 1g • sat. fat 0g • chol. 0mg • sod. 0mg • calc. 109mg • fiber 2g

Notable nutrients based on daily percentages:
Vitamin A 19% • Vitamin C 283% • Folate 24%

VEGETABLES, FRUITS AND THEIR KEY VITAMINS AND MINERALS

VEGETABLE	VITAMINS	MINERALS
ASPARAGUS	A, B1 (thiamine), C, choline, folic acid	potassium
BEETS AND BEET GREENS	A, C, chlorophyll, B6	calcium, potassium, choline and iron
CABBAGE	B6, C	iodine, potassium and sulfur
CARROTS	A, C	potassium, calcium, phosphorus and carotene
CELERY		organic alkaline minerals (balances blood pH levels)
CUCUMBERS	Good diuretic	potassium
FENNEL		alkaline, calcium and magnesium content
KALE	A and chlorophyll	calcium
PARSLEY	A, C, and chloropyll	calcium
PARSNIPS	A, C, and chloropyll	calcium
RADISHES	C	choline, phosphorus, potassium
SPINACH	A, B complex, chlorophyll	calcium, iron, magnesium, phosphorous, potassium
SUMMER SQUASH	B1, B2, niacin	
PEPPERS	A, C	potassium
TOMATOES	C	calcium
WATERCRESS	C and chlorophyll	potassium, choline, phosphorous, sulfur and calcium
FRUITS	**VITAMINS**	**MINERALS**
APPLES	A, B1, B2, B6, biotin, folic acid and pantothenic acid	choline, copper, iron, magnesium, manganese, phosphorous, potassium, silicon, sodium and sulfur
CHERRIES	A, C, B1, B2, folic acid and niacin	calcium, cobalt, iron, magnesium, phosphorous, potassium Contains powerful alkalizing properties
CRANBERRIES	A, C, B-complex and folic acid	calcium, iron, phosphorous, potassium and enzymes
GRAPES	A, B1, B2, C and niacin	calcium, copper, iron, magnesium, manganese and phosphorous
GRAPEFRUIT	B-complex, C, E, K, biotin and inositol	calcium, phosphorous and potassium
LEMONS	C and citric acid	Very strong cleanser
LIMES	C and citric acid	Very strong cleanser
MELONS	A, B-complex and C	High in enzymes
ORANGES	A, B-complex, B1, B2, B6, C, K, biotin, folic acid and niacin	calcium, choline, copper, flourine, iron, manganese, magnesium, phosphorous, potassium, silicon and zinc
PAPAYAS	A and C	High in enzymes and good cleanser
PEACHES	A, B1, B2, C, and niacin	calcium, iron, phosphorous and potassium
PEARS	A, B1, B2, C, folic acid and niacin	phosphorous and potassium
PINEAPPLES	C	choline and potassium - High in enzymes
STRAWBERRIES	C	calcium, phosphorous and potassium
WATERMELONS	A	chlorophyll, enzymes and good cleanser

RECIPES

Cuisinart®

Recipe Booklet

Instruction Booklet
Reverse Side



Cuisinart® Compact Juice Extractor | **CJE-500**

Starlite Electronic Pre-Press System

Version No.: CJE500 IB-11432
Size: 152mm(W)X203mm(H)(NEW)
Material Cover: 157GSM MATT ARTPAPER
Inside: 120GSM GLOSS ARTPAPER
Coating: Gloss Varnishing in cover
Color Front. Cover: 4C + 1C(Black)
Back. Inside: 1C +1C(Black)
Date: 2012-07-14 Co-ordinator: Astor_You/Andy WS Chan

Client: C0080
Starlite No: 189444IBB
Proof: 1st
Handled By: P007310

Cyan Magenta Yellow Black

5	10	20	30	40	50	60	70	80	90	100
5	10	20	30	40	50	60	70	80	90	100
5	10	20	30	40	50	60	70	80	90	100
5	10	20	30	40	50	60	70	80	90	100